

A Quarterly Newsletter Of



recycle@
townof
northandover.com

Spring 2006



There's no such place as "Away"

As we reported in our last newsletter, North Andover residents are recycling more than ever, which is great! However, did you know that the average household is still throwing away more than 1 ton of trash every year?

Getting rid of things that you no longer want or need seems simple. You throw them "away." Or you recycle them "away." Of course, there is no such place as "away." Every item that you use and discard must go somewhere—to someone else, to a recycler and remanufacturer, or to the waste-to-energy plant to be burned.

Every time you want to get rid of something, *you have choices*. You

could choose to keep the item and use it longer. You could choose to make sure that it is reused, by you or someone else. You could recycle. Or, you could mix it in the trash to be burned. For one day, every time you put something into the trash, say to yourself: "I am choosing to burn this." Can't keep it up for a whole day? Try it for an hour or two. It makes you think, doesn't it?

Challenge yourself and your family to eliminate 10 pounds a week from your trash. If you succeed, and we know you can, you'll have reduced the amount of trash you send to the incinerator by 25 percent more!



Is your curbside recycling bin full every other week?

Mark your calendar!

Household Hazardous Waste Drop-off
Saturday, April 15
9 a.m. until 1 p.m.
DPW, 384 Osgood Street

**We don't want toxic materials
burned at the incinerator—
it's bad for your health.**

For details, go to
www.NorthAndoverRecycles.com.

Compost anyone?

It's unnecessary and expensive to "throw away" (send to the incinerator) organic materials, such as vegetable scraps, egg shells, plants, coffee grounds, etc. Mother Earth takes care of them for you—at no cost. Composting is an easy way to bring good things to life. Plus, it eliminates the incineration cost.

DPW still has low-cost compost bins and kitchen scrap buckets available. Call 978-685-0950 for details.

Because it's the only Earth we have

North Andover is holding its fourth annual **Earth Day Cleanup on Saturday, April 29**, 8:30 a.m. to 3:30 p.m. We will be hitting the streets, parks and ball fields to pick up trash and litter, so please come lend a hand. Your family, neighborhood, scout troop, or church group can adopt an area or street to clean. If you don't have an area in mind, just send an e-mail to the

Solid Waste Advisory Committee and we'll help you find a place.

We need many volunteers to pick up litter, donate heavy-duty trash bags (minimum of .3 mil thickness), and provide pickup trucks to gather bagged trash and return it to DPW. To volunteer, donate, or learn more, e-mail recycle@townofnorthandover.com or call the North Andover

DPW at 978-685-0950.

A big "Thank You" to the hundreds of volunteers who have helped over the past 3 years—many of whom have participated more than once! Collectively, we've gathered nearly 100 cubic yards of trash and litter from our town. The dumpsters and tipping fees have been donated by Wheelabrator North Andover.

Protect your identity!

Free shredding offered to North Andover residents on May 20

You've heard the stories. Identity theft is on the rise and costing victims their savings as well as untold time and aggravation to set things straight. Sensitive information that ID thieves seek is found in the files, bank records, and tax information we accumulate. In fact, identity thieves even take advantage of the unsolicited credit card offers that you receive and discard. If putting sensitive papers and credit card junk mail out with the recyclable paper feels risky and unwise to you, never fear! Fortunately, North Andover residents have a much better solution!

Shred Pro, a local paper shredding

company, is offering a free "drive up" paper shredding service to be held at the North Andover DPW building, 384 Osgood Street, on Saturday, May 20, from 9 a.m. until noon. You can actually watch your paper be shredded via a video camera hook-up in the Shred Pro truck. Paper clips, rubber bands, and staples are no match for the system's powerful blades. So, leave them on if you wish.

This free service is offered to North Andover *households*. For questions about this service, call Pete Murley at 978-682-2600.

Commercial businesses should contact Shred Pro directly for rate information or visit www.shredpro.biz.

Recycle at the UPS Store

If you can't make it to this event, you can drop off paper that needs to be shredded at the UPS Store in Jasmine Plaza on Turnpike Street. Shred Pro maintains a locked console at this location. Shredding is provided onsite for a fee of about 50

cents per pound.

While you're at the UPS Store, you can also drop off clean packing materials, such as Styrofoam packing peanuts, Styrofoam blocks, bubble wrap, and air pillows.

Ramping up your waste reduction efforts

Circle True (T) or False (F) next to each of the statements below.

- | | |
|-----|--|
| T F | I use my curbside recycling bin every other week to recycle newspapers, glass, tin cans, and all plastic food and beverage containers. |
| T F | I flatten cardboard and either recycle it curbside or deliver it to the DPW recycling drop-off. |
| T F | I bag my leaves for town pickup and haul my other yard waste to the Cyr Recycling Center (or otherwise dispose of it naturally). |
| T F | I participate in the town-sponsored Household Hazardous Waste Collection Days to properly dispose of paints, used motor oil, and other hazardous materials used in the home. |
| T F | I have installed water-saving devices on my showers. |
| T F | I turn off lights in empty rooms, and I have replaced my incandescent and halogen light bulbs with energy-efficient fluorescent bulbs. |
| T F | I have a backyard compost bin where I compost appropriate food waste and other materials that yield rich "homegrown" compost. |
| T F | I fix and repair things around the house rather than simply tossing them out and replacing them. |
| T F | I drive a fuel-efficient vehicle, and I plan my trips to avoid unnecessary miles. I even walk when possible! |
| T F | I make buying decisions based, in part, on the amount of packaging waste my purchase would generate. |
| T F | I communicate back to the producers of the goods I have chosen with my thanks and praise for their environmentally friendly packaging. |

Now, rate your waste reduction efforts—the more T's you circled, the better! To lose that 10 pounds (of waste) each week, turn more of your F statements above into tried and true habits!

10 Tips for a better Earth Day and a better year for the Earth

On April 22, 1970, school children, college students, parents, business people, elected officials, and more came together in the largest demonstration ever held in America—Earth Day. The brain-child of Gaylord Nelson, a U.S. Senator from Wisconsin, Earth Day was planned as a “teach-in” about the environment for members of the U.S. Congress.

However, word spread. By Earth Day, 20 million Americans joined together in our nation’s capitol, at city halls and county courthouses, and in their own neighborhoods to say, “Let’s do something to clean up pollution!” Some 20 years later, American Heritage Magazine referred to the first Earth Day as “one of the most remarkable happenings in the history of democracy.”

Earth Day didn’t stop on April 22, 1970. In the years that followed, government, business, and private citizens worked together to clean up our air, land, and water. What we learned on Earth Day is that one day isn’t enough—it takes a long-term commitment to make our world a more livable place.

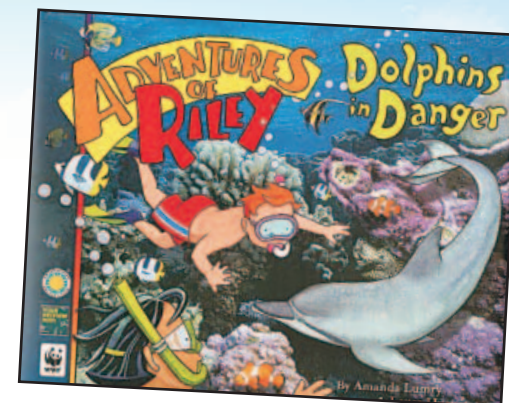
This Earth Day, recommit yourself to actions that will make our communities and our planet more pleasant places for all of us to live, work, and play. Here are some of the ways you can make it a better year:

1. Know more about what is happening in our community. Read the paper (and our newsletter, of course!). Listen to local news on the radio or TV. Use the Internet to find local events. Attend public meetings. Whenever you get the chance to vote, do it.
2. Take walks and get to know our community. While you’re out, pick up litter that you see. If your dog joins you, be sure to pick up after your canine companion. Your dog wants to be a good neighbor, too!
3. Volunteer outdoors. You might mow the lawn for an elderly neighbor. You might pick up litter at a park or playground. You could help out at a local event. Get outside and enjoy our natural world.
4. Reduce, reuse, and recycle! Eliminate waste by buying less stuff that you don’t really need. Avoid excessively packaged items. Say “no thanks” to store bags whenever possible. Carry your own refillable coffee mug. Use your stuff until it wears out.



Buy used items. Sell or donate usable stuff that you no longer need. Know what, where, and how to recycle.

5. Waste less food. Plan meals so that less moldy or spoiled food has to be thrown away. Finish the leftovers. Don’t buy ingredients that will sit unused on your kitchen shelves.
6. Electronics surround us. Keep yours in business as long as possible. Don’t purchase new items on the spur-of-the-moment. Take a good long look at your needs and evaluate your options before making your selection. Then maintain your equipment carefully. Follow instructions for cleaning and battery care. To keep your equipment in use as long as possible, update software and services, upgrade memory, or add accessories, as needed. And remember to look for energy-efficient equipment by seeking items with the “Energy Star” certification.
7. Become a greener gardener. Smaller grass lawn areas mean lower water bills, decreased maintenance, and less waste. Replace lawn by planting more trees, native or low-water-using plant materials, and ground covers. Reduce your use of chemicals by fertilizing only when your plants and soil really need the boost and by learning to use “Integrated Pest Management” to control weeds and bugs. (Reducing your purchase and use of chemicals can also reduce the amount of hazardous waste that you need to dispose.) Mulch and compost.
8. Learn more about the world in which we live. Take a close look at the non-fiction videos at the library. Read a book about science or nature, plants or animals, politics or policy. Remember *National Geographic Magazine*? It still publishes great articles about our world and the people, plants, and animals that populate it. Plus, the photography is better than ever. Pick up a copy at the library, a newsstand, or a used bookstore.



9. Touch the future—teach a child. Author Amanda Lumry is writing a series of books for children in kindergarten through third grade. This series, *The Adventures of Riley*, combines stories about Riley and his family with facts and photos about the real places featured in each story. By learning about these places, children learn about the plants, animals, and peoples who live there. So far, five *Adventures* have been published and 10 more are planned.
10. Don’t keep your Earth Day commitments a secret. Tell your friends and family about your new habits.

What is Integrated Pest Management?

Integrated pest management (IPM) starts with knowing your plants and their pests. This means regular monitoring and good record-keeping to determine if and when action is needed. When pests are present in numbers that could result in damage to plants, a variety of methods are used, beginning with those that are most benign and least expensive. With IPM, chemical pesticides are a last resort.

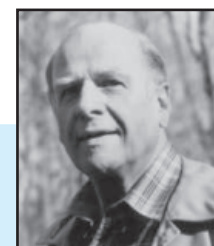
For more information, visit www.epa.gov/pesticides/ipm/ or www.epa.gov/pesticides/food/ipm.htm.

Think about it!

A disposable, carry-out coffee cup weighs about one ounce. If you drink two carry-out coffees every day, each week, all year long, you throw away 728 ounces of coffee cups—that’s 45.5 pounds of trash!



QUOTES REQUOTED



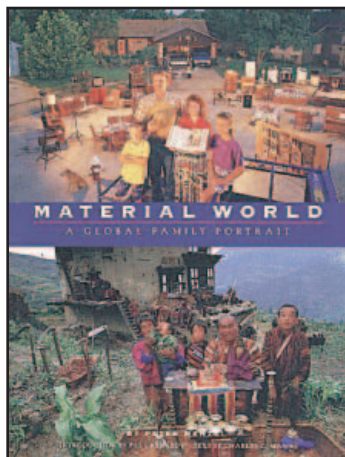
Earth Day worked because of the spontaneous response at the grassroots level. We had neither the time nor resources to organize 20 million demonstrators and the thousands of schools and local communities that participated. That was the remarkable thing about Earth Day. It organized itself.

Gaylord Nelson, 1916–2005
Founder of “Earth Day”

We're living in a material world

What if you took all of your possessions and put them into your front yard? That's the question photographer Peter Menzel asked himself. It's also the question which sent him to 30 different countries to meet and photograph one "average family." The result of this search was the book, *Material World: A Global Family Portrait* by Peter Menzel and Charles C. Mann, which was originally published in 1994.

Each family portrait pictures the family outside their home with all (or almost all) of their possessions. The possessions are not stacked to the side but are displayed in such a way as to be integrally part of the portrait, as though these things are precious members of the family. The text describes the family and



their lifestyle. Sidebars offer background on the countries in which they live. The differences between countries are, of course, striking and at times surprising.

If you enjoy *Material World*, take a look at the new book, *Hungry Planet: What the World Eats* by Peter Menzel and Faith D'Aluisio (2005). This book also profiles 30 families around the world. However, instead of their possessions, *Hungry Planet* features their diets and pictures them in the marketplaces and with their food-stuffs.

Both books make you think about what we have, what we need, what we want, what we save, what we waste, and what all of this might mean to the global family.

No Waste Like Home

clean up
clear out
save money



Rather than searching for survivors or looking for the winner of a race, reality TV viewers in Britain are watching host Penney Poyzer expose the habits of some very wasteful families in "No Waste Like Home." With a combination of shock, shame, and wit, Poyzer teaches the families to clean up, clear out, and save money in the process. Her tips focus on reducing, reusing, and recycling waste; saving energy; cleaning with non-toxic cleaners; and selecting eco-friendly products. That's our idea of a great reality show!

Read Poyzer's tips at www.bbc.co.uk/homes/tv_and_radio/nwlh_index.shtml.

Worth Noting

Preparing for Prom — On average, American teens spend \$300 to \$500 each on prom attire, accessories, and events. Renting, borrowing, or buying used or vintage outfits could significantly reduce this cost. In 2004, Nina Sysko, a high school senior from Maine, created her own low-cost prom dress—from discarded Starburst candy wrappers.

Olympian Efforts — One of the missions of the Olympic Games is the "Promotion of Sustainable Development." For the 2006 Winter Games in Torino, this resulted in eco-friendly buildings in the Olympic Village, recycling at events and facilities, and tree-planting to offset carbon dioxide emissions, as well as other efforts.

Trade-ins welcome — Readers are hooking up on the web to trade used books. Several websites are catering to readers who would like to trade used books (mostly paperbacks) rather than buying and selling them. The largest of these boasts more than 300,000 available titles. If you'd like to become a book trader, visit one of these sites: www.paperbackswap.com, www.frugalreader.com, or www.titletrader.com. You might also want to set up a swap among your friends, family members, or neighbors.

Garden Gadgets

Would you like to create better garage storage? How about some festive outdoor lighting for your garden? Want to welcome your fine, feathered friends? Get on the Internet and go to www.care2.com/channels/solutions/home/456 to find the instructions for "Five Cool Make-It-Yourself Garden Gadgets."

The web page actually offers these six project ideas with complete instructions:

- Lanterns made from glass baby food jars
- Bird feeder and sanctuary using an old birdbath
- Birdseed catcher made from an old doormat
- Tool storage chest made from an old

filing cabinet

- Dahlia tuber holder made from plastic strawberry flats
- String caddy made from a plastic detergent bottle

Do you notice what these projects have in common? That's it. They are all made from reused and found materials. Your own recycling bin or a neighborhood garage sale could become the source of the raw materials that you need for these and other projects.

All of these ideas and many more are published in the book *Great Garden Gadgets: Make-It-Yourself Gizmos and Projects*, edited by Fern Marshall Bradley and Christine Bucks (Rodale Press, 2001).

A flurry of flip-flops



Bitters Company is taking the sandal scrap from the cutting room floor of flip-flop manufacturers and turning it into colorful floating key chains, crates, barrels, and doormats.

As you know, flip-flops are basically foot-shaped. However, these shapes must be cut from rectangular sheets of colorful plastic, much as you would cut cookies from rolled-out dough. If you've ever made cut-out cookies, you know that a lot of un-cuttable scrap is left behind. Some of the plastic chunks being left behind during flip-flop fabrication are being used by Bitters Company to create these unique crates, key chains, barrels, and mats.

The Bitters Company's use of flip-flop scrap is what we call "pre-consumer recycled content." Pre-consumer waste is industrial scrap that could not be turned into the intended product. Cut ends of plastic, fabric, or paper are good examples of this waste. We refer to it as "pre-consumer" because no one like you ever purchased and used this portion of the raw material. In other words, it was discarded before it got to the consumer.

In addition to these pre-consumer flip-flop products, Bitters Company also makes several items from post-consumer waste, including bowls made from the steel in used 55-gallon drums and from old magazines. For more information, call toll-free 1-866-664-2488, e-mail info@bittersco.com, or visit the website, www.bittersco.com.



April 6, 7 p.m., DPW Conference Room
Solid Waste Advisory Committee Meeting



April 15
Household Hazardous Waste Day
(Details on front page)



April 29
Earth Day Cleanup
(Details on front page)



May 8
Town Meeting
Look for the recycling bins to recycle your paper.



May 11, 7 p.m., DPW Conference Room
Solid Waste Advisory Committee Meeting



May 20
Free Confidential Document Shredding
(Details on front page)



May 21, 10 a.m. to 4 p.m., Town Common
Sheep Shearing Festival
Come visit us at the Recycling Information table.



June 8, 7 p.m., DPW Conference Room
Solid Waste Advisory Committee Meeting



June 24-25
Town-wide Yard Sale
(Details on this page)



We want your suggestions, questions and comments!

NASWAC
c/o Department of Public Works
384 Osgood Street
North Andover, MA 01845
(978) 685-0950
recycle@townofnorthandover.com
www.northandoverrecycles.com

Funded by North Andover Department of Public Works

Copyright© 2006

North Andover Solid Waste Advisory Committee and Eco Partners, Inc.
All rights reserved.

PRINTED ON RECYCLED PAPER
70% POST-CONSUMER NEWS CONTENT, USING SOY INKS

Please recycle this publication after you have read it!

Bulger Animal Hospital, we thank you for recycling!

Recently, Dr. Mary Letwin answered some questions about the recycling program at Bulger Animal Hospital.

How long have Bulger Animal Hospital's employees been recycling?

At least 10 years. We started with office paper and cans from the soda machine, and it grew from there. Now we recycle aluminum and steel cans, plastics, and paper, and we have a dumpster of our own for cardboard recycling. We also save Styrofoam peanuts and bubble wrap for reuse, and deliver all of our old fluorescent light bulbs to the DPW for proper disposal.

Do you share the responsibility or is one person always responsible for everything?
I am responsible for emptying the various collection bins and taking the material to the DPW drop-off. But if a bin is overflowing, someone will bag the contents for me so things don't get messy.

How often do you go to the drop-off site with recyclables?

Usually twice a week—otherwise it won't all fit in my car! We generate a huge amount of waste paper.

Do you recycle redeemable bottles and cans with other items or are they redeemed?

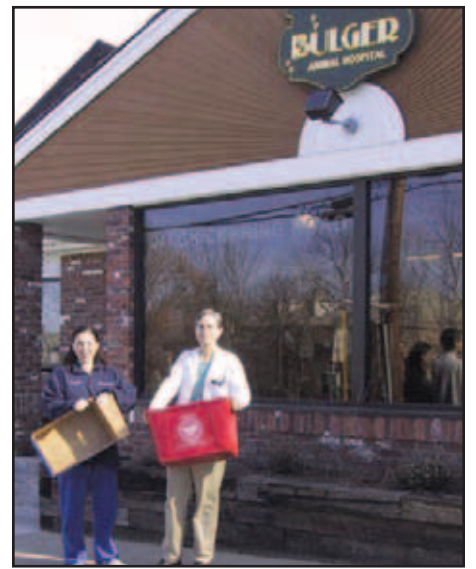
All deposit bottles and cans are redeemed. The proceeds go to the "Pets In Need Fund," our in-house charity.

Would you say that the accumulation has increased, decreased, or remained the same over time?

More and more employees are taking the time to recycle more things at work. Some even bring in their recyclables from home if they don't have convenient curbside recycling. We could do even more if we had more space for bins!

What do your workers think of this? Do they seem to care? Do they all agree that recycling is important?

Some are very diligent about recycling and think it's great, while others may think it's great too but are really too busy



At Bulger Animal Hospital, Kris Diaz (left) and Dr. Mary Letwin (right) prepare to recycle!

to take their recyclables to the nearest bin. To me, the biggest factors in getting my co-workers to recycle are convenience of the bins and education. I e-mailed everyone a copy of "To Market, To Market," an article from the winter 2006 "One Person's Trash..." newsletter, so they would know where our recyclables wind up and how important their efforts are. They also know that I will give them a hard time if I catch them throwing out something recyclable!

Too much stuff? De-clutter your house!

Take part in the Town-Wide Yard Sale Weekend, June 24 and 25

Are you ready for some spring cleaning? Have your kids outgrown piles of clothes and toys? Are you ready to part with your aunt's old dishes? Start sorting, tag your unwanted treasures, and get ready to sell, sell, sell!

On Saturday, June 24, and Sunday, June 25, the North Andover Solid Waste Advisory Committee will help promote town-wide yard sale days. If you plan to hold a yard sale on one or both of these days, register with us. There is a \$10 fee that will help pay for advertising in and around North Andover. Go to our website, www.NorthAndoverRecycles.com, to download the registration form. Then mail the form, along with your \$10 check, to the Department of Public Works, 384 Osgood Street, North Andover, MA 01845. In order to advertise your sale

address, we must receive your registration form no later than Monday, June 5.

At the end of your sale, give away unsold items through Freecycle North Andover (www.freecycle.org). Look for details on the registration form.



Middle Moment

Last October, 120 eighth-grade students from North Andover Middle School began a creative adventure in recycling called the Middle Moment as they learned about North Andover history between 1642 and 1862.

Social Studies teacher Sue Gaffny opened her classroom three mornings each week for two months to a volunteer art teacher from Lowell and a member of the North Andover Solid Waste Advisory Committee who helped the students research and then build 21 "trash-treasure scrap sculptures." Each of these sculptures was made with at least 80 percent recycled materials, including cardboard boxes, plastics of all kinds, even plastic bags, many different paper products,

twigs, leaves, stones, sand, soil, branches, and shells.

This learning experience combined local history, writing, care for the environment, and teamwork to move from concept to completion.



Tina Talks Trash

Have a nagging question about trash, recycling, or hazardous waste? See if Tina Klein, Chair of the Solid Waste Advisory Committee, can answer it. Here's our first installment.

Q: Can paper towels be recycled?
Lots of paper towels are thrown away at school that are barely even moist.

Lynn Langton, parent-volunteer
Thompson Elementary School

A: Paper recyclers really do not want paper towels. First, it is very likely that the towels are soiled or wet. Second, the paper fibers in the towels are very short—too short to be useful in the paper remanufacturing process. Paper towels, tissues, and toilet paper are really the end of the line for the tree and its fibers. That's why I am quite disturbed by paper companies, such as Kimberly Clark, who brag about making their tissue products from virgin fiber. These companies cut down native forests in Canada to make tissue, a one-time use for the tree.

Environmentally speaking, it's much better to purchase recycled-content paper products that are processed without the use of chlorine. In my household, we exclusively use Marcal brand, which bears the slogan, "Paper from Paper—Not from Trees."

While you can't recycle paper towels, you can compost them. In fact, if you shred them, you can even place them into your vermicompost (worm composting) bin. If you're feeling adventuresome, I have plenty of worms ready for adoption!